

# WIFE SAVERS

BY  
MRS. MARY MORTON

**Nut Bread Recipe.**—Mix together three cups of entire wheat flour, one cup of bread flour, one teaspoon of salt, one tablespoon of sugar, three and one-half teaspoons of baking powder, and one cup of chopped hickory nuts and English or black walnuts. Gradually beat in two and one-half cups of sweet milk and turn into two well oiled bread pans. Bake in a moderate oven for forty-five minutes. If preferred, one-half cup each of nuts and raisins may be used instead of all nuts.

**Beef Balls.**—One small can tomatoes, one large onion, and one green pepper, chopped. Let them boil for a short time, drop seasoned beef balls into mixture, and cook gently for at least half an hour.

**Cereal Pudding.**—Two tablespoons butter, three tablespoons flour, one and one-half cups milk, one-fourth cup sugar, five-eighths cup cooked white cereal, one-half cup raisins, one egg, beaten. Melt the butter, add the flour and blend well before adding the cold milk. Stir constantly until it thickens. Add the remaining ingredients and mix well. Pour into a greased baking dish and bake in a moderate oven until lightly browned on the top and a silver knife dipped in hot water and inserted in the center of the pudding comes out clean. Serve with chocolate sauce.

Whenever a mother looks tired all the time and displays a morbid and nervous disposition it is almost a sure sign

that she takes little or no recreation away from her family duties. Far from neglecting her children and her home, she would be in a much better position to enjoy and care for both if she could spend some little time each week, if only an hour or so, away from them. The woman who is tied so closely to home and children that she gets completely out of touch with any kind of social activity or amusement nearly always lacks what our modern world so aptly calls "pep." And it takes "pep" to run a household and rear a family, just as it takes it to run any kind of business. All work and no play makes mother dull as well as Jack.

**Chocolate Sauce.**—Two tablespoons butter, one and one-half tablespoons flour, one square unsweetened chocolate, one and one-half cups milk, two cups sugar. Make a thin white sauce of the butter, flour and milk. Melt the chocolate in the hot liquid. Stir until evenly blended. Add sugar and boil five minutes, stirring to prevent sticking. Flavor with one teaspoon vanilla and serve hot on the pudding. If a less sweet sauce is desired omit half a cup of the sugar.

Even candies can be seasonable. With the cold and damp weather upon us colds grip their victims and hoarse throats hush up—the voice. Seasonable candies are hard and of flavors that tend to clear the throat. The good old recipes administered by our grandparents are merely served in candy form.

**AN IRON RICH SOUP**  
Cook two quarts of washed spinach and the outer leaves of a head of lettuce in two cups of boiling salted water until soft, adding a slice of onion, half a bay leaf, and two sprigs of parsley. Then press through a puree sieve and add one generous pint of thin seasoned

cream sauce. Reheat to the boiling point, stir in the beaten yolks of two eggs blended with a little milk, and cook for a couple of minutes to set and thicken the egg. Serve very hot with whole wheat bread toast cubes.

**Scotch Mince.**—Take one and one-half pounds of round steak ground. Press out in large cake and sear in hot ungreased pan. Add about three cups of water, break meat into small pieces, add one large onion (sliced), one large or two small carrots (cut into small slices), season with salt and pepper, and let simmer slowly a little more than an hour. About fifteen minutes before removing from the fire thicken with one tablespoon of cornstarch. Keep enough water in it so it is juicy but not enough to cover the meat.

**Green Peppers Stuffed.**—Wash and remove seeds from five or six large green peppers. Put into cold water and let stand awhile. Fill with one cup cracker crumbs, two cups canned tomatoes. Season with salt and pepper. Put dry cracker crumbs and butter over top. Have a little water in pan. Bake about thirty minutes, until tender.

**Pumpkin Pie.**—Take one can pumpkin, one cup sugar to which add a pinch of salt, a little nutmeg and one teaspoon of cinnamon, one teaspoon of ginger. Mix with the pumpkin. Then add three eggs beaten, three cups milk. Add to above mixture. Fill uncooked pie shells, add bits of butter and cinnamon to top, and bake about forty or fifty minutes, rapidly at first, then more slowly.

Many of the current magazines have attractive covers. Inexpensive picture frames may be purchased and the backs arranged so that they may be easily removed. Several pictures cut from the magazines may be put in each frame, one behind the other, then from time to time one may be re-front. In this way you may have a new picture every so often.

In dusting, use two dust cloths, one in each hand. You will accomplish your task as thoroughly and in half the time.

## IRON HOMES



James Potter, foundry proprietor in Rotherham, England, has developed a house made of steel plates, bolted together, with concrete on the outside and plates inside, which can be constructed for \$1000. It is the solution he offers to the housing problem.

### ORDINANCE No. 103

An Ordinance of the City of Torrance Ordering the Closing Up, Vacating and Abandoning of a Portion of Alley in Block 27, Torrance Tract.

The Board of Trustees of the City of Torrance do ordain as follows:

**SECTION 1**  
WHEREAS, on the 5th day of January, 1925, in conformity with that certain Act approved March 6th, 1889, being an Act of the Legislature of the State of California, entitled "An Act to provide for the laying out, opening, extending, widening, straightening or closing up in whole or in part, any street, square, lane, alley, court or place within municipalities and to condemn or acquire any and all lands and property necessary or convenient for that purpose," and amendments thereto, said Board of Trustees passed a Resolution No. 218, declaring that the public interest and convenience require, and that it was its intention to order certain street work to be done and improvement to be made as therein specified and describing said work, improvement and specifying the exterior boundaries of the district of land to be affected or benefited by said work or improvement and to be assessed to pay the damages, costs and expenses thereof, and

WHEREAS, in further conformity to said Act and Amendments thereto and said Resolution, the Street Superintendent of said City of Torrance, thereupon caused to be conspicuously posted along the line of said contemplated work or improvement at not more than three hundred feet in distance apart, but not less than three in all, notices of the passage of said Resolution, its date, and, briefly, the work or improvement proposed and referring to said Resolution for further particulars, and did also cause a notice similar in substance to be published four (4) times in a semi-weekly newspaper, to-wit: the Torrance Herald, published and circulated in the City of Torrance, and designated by said Board of Trustees, in said Resolution.

WHEREAS, no objections written or otherwise to said work or improvement or to the extent of the district of land to be affected or benefited by said work or improvement or to be assessed to pay the costs and expenses thereof, were or have been made by any person whatsoever, whether interested or otherwise, within ten days after the expiration of the time of the publication of said notice or at any time, or have been delivered within such time or at any time to the Clerk of said Board of Trustees, and

WHEREAS, the time prescribed by said Act and Amendments thereto during which objections might be made to said work or improvement has expired, and

WHEREAS, said Board of Trustees, by virtue of the matters and things aforesaid, acquired jurisdiction to order said work to be done and improvement to be made;

NOW, THEREFORE, said Board of Trustees of the City of Torrance do ordain as follows, to-wit: **SECTION 2**  
That the public interest and convenience require and the said Board of Trustees of the City of Torrance hereby orders the closing up, vacating and abandoning of that portion of alley in Block 27, Torrance Tract, described as follows:

Beginning at the northeasterly corner of Lot 13, Block 27, Torrance Tract, as recorded in Book 22, at pages 94 and 95 of Maps in the office of the Recorder of Los Angeles County, California; thence along the southeasterly ends of Lots 13 and 12, south 47° 25' 50" west 203.15 feet to a point, said point being north 47° 25' 50" east 21.02 feet from the southerly line of Lot 12; thence on a curve concave southwesterly, having a radius of 85 feet easterly and southeasterly,

### FRATERNAL

Torrance Review No. 37  
Maccabees  
Meets Second and Fourth Tuesdays  
7:30 P. M., Legion Hall.  
L. MAE TOMKINS  
Commander.

Torrance Electric Shop, Ph. 60-W.  
—Adv.

a distance of 21.28 feet measured on the arc of said curve, to a point in the northeasterly end of Lot 6, said Block 27; thence north 17° 25' 50" east along the northeasterly line of said Lot 6, and the prolongation northeasterly thereof, 212.77 feet, more or less, to the northeasterly corner of Lot 2, said Block 27; thence on a direct line north 52° 06' 28" west 20.28 feet to point of beginning.

**SECTION 3**  
That the lands herein above described in Section 2 of this ordinance are the lands and all of the land deemed necessary to be closed up, vacated and abandoned for said improvement.

**SECTION 4**  
That the Board of Trustees find that said improvement is for the closing up, vacating and abandonment of the said portion of alley in Block 27, as particularly hereinabove described in Section 2 of this ordinance, and it appearing to said Board of Trustees that there are no damages, costs or expenses arising out of said work, therefore, no commissioners are appointed to assess benefits or damages for said work or to have general supervision thereof.

**SECTION 5**  
That the City Clerk shall certify to the passage of this ordinance and shall cause the same

to be published once in the Torrance Herald, a semi-weekly newspaper published and circulated in said city and hereby designated for that purpose by said Board of Trustees of said city.

Approved:  
R. R. SMITH,  
President of the Board of Trustees of the City of Torrance.

Attest:  
ALBERT H. BARTLETT,  
City Clerk of the City of Torrance.  
(Seal)

State of California, County of Los Angeles—88.

I, Albert H. Bartlett, do hereby certify that I am the City Clerk of the City of Torrance, and that the above ordinance was regularly introduced at a meeting of the Board of Trustees of said City on the 2nd day of February, 1925, and was adopted on the 16th day of February, 1925.

A. H. BARTLETT,  
City Clerk of the City of Torrance.  
(Seal)

J. W. CUFLEY, F.C.R.A.  
Income Tax Consultant  
Notary Public  
2305 Redondo Blvd. Ph. 173-W  
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Daley's Junior  
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